

Helping us Stop Diabetes.



Make a Difference. Help Stop Diabetes.

Join the movement to Stop Diabetes. Raise awareness. Become an advocate. Be proactive about your health. Share your stories. Donate. Visit stopdiabetes.com to share, act, learn and give and help create a future free of this devastating disease.



Getting to the EXPO

For directions to the Expo, visit: www.wsctc.com

Location:

Washington State Convention Center
Hall 4A & B
800 Convention Place
Seattle, WA 98101

Parking:

For information on parking please visit <http://wsctc.com>.

Transportation Details:

Please call 1-888-DIABETES ext 7212 or visit our website at diabetes.org/exposeattle

RSVP

For pre-show announcements and additional information, RSVP online at DIABETES.ORG/EXPOSEATTLE.

However, an RSVP is not required. If you don't RSVP, simply join us at Washington State Convention Center on Sat. May 1, 2010.

More Information


For more information, call us at 1-888-DIABETES ext 7212 or log onto our website at DIABETES.ORG/EXPOSEATTLE

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FREE
ADMISSION

Visit the
 American Diabetes Association®
expoSM
and join the movement
to Stop Diabetes.SM

Learn how to live healthy,
be active and change the
future of diabetes.

Washington State
Convention Center
Sat. May 1, 2010
9:00 AM - 3:00 PM
Seattle, WA



DIABETES.ORG/EXPOSEATTLE
1-888-DIABETES ext 7212

expoSM American Diabetes Association[®]

Did you know?

- If present trends continue, one in three Americans born today will develop diabetes in their lifetime—one in two if African American or Latino.
- Since 1987, the death rate due to diabetes has increased by 45%, while the death rates due to heart disease, stroke and cancer have declined.
- Each year, diabetes kills nearly 300,000 people in the U.S.—that's more than AIDS and breast cancer combined.
- Diabetes can be a devastating disease. If it's not properly managed, it can lead to amputations, kidney failure, blindness, heart disease and stroke.
- Together we can Stop Diabetes, read on to learn more.

Share in the EXPO experience!

The EXPO is FREE and includes health screenings, cooking demonstrations, product and service exhibitors and leading experts talking about diabetes management and prevention. Get the latest information on preventing and managing diabetes and its deadly complications to help keep you and your family healthy.

Visit the American Diabetes Association Experience

Diabetes can take a devastating toll on you and your loved ones. Visit the American Diabetes Association Experience to learn how you can help Stop Diabetes. Find out what is happening locally in your community and get involved with local programs and activities to help change the future of this devastating disease.

Make Healthy Food Choices

- Cooking demonstrations
- Healthy food sampling
- Tasty and healthful recipes

Get Active

Visit our "Active Living Area" and learn how to work fitness into your everyday life.

- Fitness demonstrations
- Exercise tips

Free Health Screenings

While supplies last take advantage of free health screenings. Most EXPOs offer:

- A1C (A measure of estimated average blood glucose.)
- Cholesterol
- Blood Pressure
- Foot Screenings
- Diabetes Risk Assessment
- Eye Screenings
- BMI

Ask the Expert

Come armed with questions for health care professionals from our community who will answer your diabetes questions one-on-one and help you learn more about how to manage your diabetes and prevent its devastating complications.

Speakers

Kris Freeman, Olympic and National Champion Cross-Country Skier, 9:30 a.m.

Weight Loss Surgery; Promising Options for Treating Type 2 Diabetes, **Peg Martin**, 9:40 a.m.
Sponsored by Covidien

New Information on Oral Health and Diabetes: What You Need to Know, **Dr. Ron Inge**, 10:25 a.m.
Sponsored by Washington Dental Service

From Threat to Treat, **Graham Kerr**, 10:35 a.m.

Diabetes & Your Heart, **Dr. Sarah Speck**, 11:20 a.m.

Fitness As We Age, **Dr. Dan Tripps**, 11:30 a.m.

Prepare for Care: How to Get the Most from Your Healthcare Visits, **Dr. Paul Ciechanowski**, 12:15 p.m.

Matt Hoover, Winner of NBC's The Biggest Loser, 12:25 p.m.

Eating Out With Diabetes, **Meghann Moore**, 1:10 p.m.

Diet Mythbusters, **Jennifer Okemah**, 1:20 p.m.

Diabetes & Your Feet, **Dr. Julia Overstreet**, 2:05 p.m.

Utilizing Continuous Glucose Monitoring to Improve Diabetes Control, **Jean Halford**, 2:15 p.m.

Main Stage Features

Two main stages this year to bring you even more, one on Diabetes Management and the other on Diabetes Prevention. Special Guest Speakers this year include **Graham Kerr**, internationally known culinary/t.v. personality and award-winning author; **Kris Freeman**, four-time national champion, number one cross-country skier in the U.S. and second most successful American cross-country skier of all time; and **Matt Hoover**, Winner of NBC's The Biggest Loser!

Bookstore

Shop here for the world's best books for people with diabetes.

- Meal planning, dining out, guides and cookbooks
- Diabetes care and treatment
- All books discounted 25%

Family Fun Zone

Interactive entertainment for the whole family. Learn more about healthy living and diabetes through active play and organized activities.

Faces of Diabetes

Diabetes does not discriminate—it impacts people of all ages, races and ethnicities. Look for areas within the exhibit hall featuring information that is tailored to meet the specific needs of you and your family.

